

Ultreia et Suseia! The Newsletter.

Vol 4. No 3.

August, 2024, Christchurch Camino Group



'The threshold is more than an architectural detail; it is a mythological image that evokes the spirit of resistance we must pass through on our journey from all we have known to all that is unknown. Once on the other side, pilgrims move from ordinary time and space into sacred time and sacred space.' Phil Cousineau

Editorial Thresholds

A threshold is defined as an entrance, a boundary or the start of something. We are all familiar with the door stop threshold which we step over as we cross into the space within. There are also event related thresholds. For my generation the 21st birthday was seen as the official arrival of adulthood. A generation later the threshold had changed and now the 18th birthday was seen as the marker for the status change.

There are other types of important thresholds: less tangible ones more in the nature of a transition of an esoteric condition, like fear, and spirit. In 2019, I was photographed at the traditional threshold of St James Gate in St Jean Pied de Port. Once I stepped over that threshold I was officially walking on the Camino Frances. I was aware I was moving once more into the liminal space of the Camino where my inner journey could continue to evolve. On previous Caminos I was cognisant of the special nature of this space and the need to be open and present, and to face the challenges as they presented themselves. I found that the universe seemed to provide exactly what was needed in the way of people, situations and landscapes for me to become a better version of myself. Which thresholds are you waiting to cross?

Ultreia et Suseia
Philip

Banner Image: via de la Plata

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Noticeboard

Scheduled 2025 Christchurch Camino Group Meeting Dates

The final gathering for 2024 will take place on Monday 25 November.

Camino Website

Are you familiar with our website: www.chchcamino.net? Alan has worked diligently to provide us with an excellent website, and repository for key documents. Do you have ideas for improvement or a pilgrim story? Contact Alan: chchcamino@gmail.com

Christchurch Camino Walking Group

The Christchurch Camino Walking Group meets on the second Sunday of the month, usually at 10 am. The walks are a mixture of flat and hill trails around Christchurch and surrounding areas. They

provide an opportunity to try out new walks, and exercise with people who share a love for the Camino. Walks are usually completed by around 3 pm. Participants are expected to attend our quarterly meetings and have a Camino interest. Please contact Cecilia for more information and to join the separate mailing list:

chchcaminogroup@gmail.com

Image: Waipara Wine Trail

Advice Given to Pilgrims

We wish to emphasise that all information and answers given by

our presenters, organisers and meeting participants and in our newsletter are provided in good faith, and have been found to work for them/us on that particular occasion. The information provided is a starting point for your research so that there is a range of possibilities to investigate and can be adapted to suit individual circumstance.



August, 2024 Christchurch Camino Group Meeting

Welcome: The following **Apologies** were accepted: Colleen, Ann and Henry, Sally and Alec, Melissa and Paul, Clare and Steve.

For a second time the capacity of our venue was exceeded and people were placed on a waiting list. Hopefully this meeting summary will assist those who missed out. It was pleasing to see that the mix of seasoned and new pilgrims was maintained. One of the strengths of a gathering like ours is the sharing of experiences and receiving immediate answers to questions, First timers were asked to **introduce** themselves and state their Camino interest. Deb then conducted the **Returning Pilgrims' Ceremony**. Returnees were given an opportunity to recount a highlight of their Camino. The **Departing Pilgrims' Ceremony** was held for those pilgrims leaving before our next meeting in November, 2024. In a trial initiative those leaving on their first pilgrimage were gifted a metal scallop shell necklace as a symbol of our group's support.

Christchurch Camino Walking Group Report: Since our last meeting in April Cecilia reported there have been four walks:

April; the Waipara Vineyards walk,
May; Christchurch 360 Trail ~ The Dunes - swamp land section, June;
Godley Heads walk, July; New Brighton to South Shore Loop,
August; Charteris Bay – Diamond Harbour – Purau Coastal Cliff Walk.

Website Update: Alan curates our website: www.chchcamino.net
He presented an update on its latest features, including the 'Camino Stories,' section. He may be contacted on: chchcamino@gmail.com



Image: Waipara Vineyard Trail.

Journey Presentations

'The Camino Frances – A Dream Come True.'

Kay and Malcolm's Adventure ~ Sept. – Oct. 2023. – Kay and Malcolm.

Kay and Malcolm had lots of positive things to say about their 39 day (including 3 rest days) walk across Spain. They developed a routine of allowing themselves 45 minutes to wash, breakfast and pack so they were on the trail by 6.30 am. (Breakfast was usually a banana dipped in yogurt. The coffee came later at a rest stop.)

They were impressed with the care, consideration and kindness shown by the Spanish towards pilgrims. ie. the town's accommodation due to a festival was complete, and the bar owner upon hearing they had nowhere to stay arranged accommodation within their family. The presentation was guided by a set of images depicting the points being made, memorable fellowship over meals, ornate churches, unique villages, variety of accommodations including a 60 bed dormitory, a variety of trails from exacting stepping poles across a river to annoying traffic sounds from sendas parallel to highways. etc.

A poignant event was the placing of a shell at Cruz de Ferro in memory of Kay's sister. The photo taken at dawn that day was breathtakingly beautiful.

An example of the "Camino providing" occurred when Malcolm sustained a plantar fasciitis injury. A pilgrim who was also an American doctor provided advice and ensured Malcolm's foot was firmly bandaged and that he was relieved from carrying his pack for 7 days.

Kay and Malcolm's training including walking up Rapaki and most valuable of all walking the Bridle Path.

'Journey to the "End of the Earth." Finisterre and Muxia beckoned, July, 2024

Pauline flew into Madrid and took the train to Fatima. From there she travelled down to Porto. She commenced walking on the Litoral but transferred to the Central route due to the recent storm damage to the board walks. She found herself walking with a "Camino Family" for the whole journey on the Portuguese. Following a couple of days in Santiago de Compostela she began her solo walk to Finisterre and Muxia. And this she thoroughly enjoyed. The trail was surprisingly quiet and there were no cafes through the day. Pauline received the very colourful Finisterrana certificate upon arrival. (The official checks the credential for the daily stamp.) In the evening she made the 3 km walk past the 00.00 km sign and the lighthouse to view the sunset. Unfortunately there was a sea fog which obscured the event. The next day she began the 28 km walk to Muxia. Once again the weather was inclement and so she stopped overnight at Lires, the half way point. She continued on to Muxia where she received the Muxiana certificate. Pauline returned to Santiago de Compostela on the morning bus. Here she got to walk the Red Carpet and attend the Spanish premiere and Q & A of the Bill Bennett Camino film 'The Way My Way,' (Christchurch City Libraries has purchased 7 copies of the book.)

The evening concluded with **Small Group Discussion.**

Featured Topic

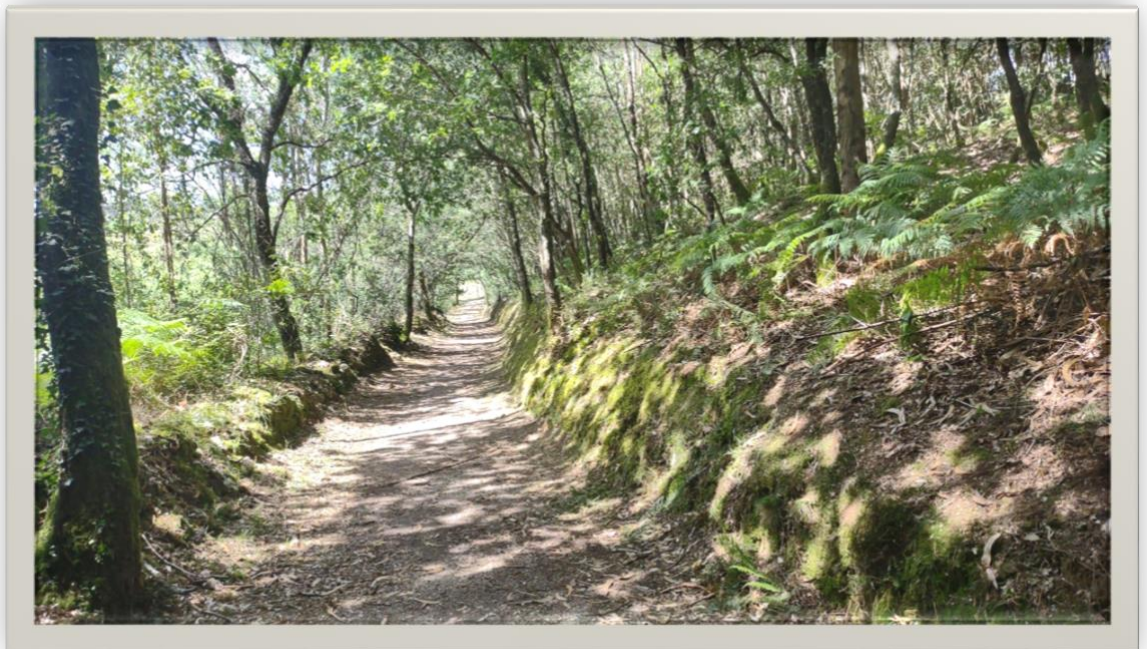
Awareness of Thresholds on the Camino

On our journey we will encounter and cross numerous physical thresholds, many of them special. Some might herald entry to a space filled with promise like an ancient cloister. Likewise, on our inner journey it may be necessary to re-visit and cross multiple times the threshold of particular issues as we examine, let go, make room for new possibilities, integrate and transform.

'Pilgrimage is about diving in and not holding back. It's about running headlong toward your deepest desire, which always awaits you with open arms.'

Christine
Valters
Paintner.

One particular threshold I crossed in my 2016 Del Norte Camino was fear. (My story featured in Vol. 2. No.



1). This beautiful route had become increasingly popular. Pilgrims were competing with holiday makers for accommodation on the coastal sections. A bed race had developed. Many pilgrims were prepared to walk along tarmac roads to take a more direct route to ensure a place at the municipal and lower priced albergues. There were alternative natural pathways which more closely followed the coast. But these pilgrims sacrificed this for the shortcut to wait in a line for the albergue to open. I was wrestling with this issue which I found was beginning to effect my Camino too. Getting to the next albergue before the beds were taken and the hot water depleted began to dominate to the detriment of experiencing and enjoying the journey. As I climbed out of the

picturesque fishing port of Luarca, which was not directly on the Camino, and wondering about the accommodation consequences a flashback occurred. I was suddenly taken back to my twenties where while travelling the world, fear didn't figure. It came to me that I could swap out the fear based living and instead walk in a carefree manner, enjoy the landscapes and swim in the ocean. As it happened for the remainder of my Camino there was always a bed somewhere, no matter how late my arrival. Although one was on the ground under a tree in the church yard!

Another threshold waiting to be crossed is the gateway to the spiritual. The pilgrim can perform rituals, attend masses and receive blessings while making the physical journey along the Camino. These are all external actions which can engage the senses and help create the conditions conducive to internal work. The pilgrim is also presented with a wonderful opportunity to spend oceans of time walking in silence and solitude often while traversing beautiful landscapes. Once again these are external conditions conducive to internal work. But there is the need to cross a further threshold. To take the step of surrender to a higher power or force, some call God, others Love. To let go of outmoded beliefs held since childhood, and trust in the universe.

Image: A natural portal. Camino Sanabres, Galicia.

References

'**The Soul of a Pilgrim, Eight Practices for the Journey Within,**' Paintner, Christine Valters, 263 PAI, (3 copies). A more accessible account of pilgrimage from a Christian perspective. 'The Practice of Crossing The Threshold,' is the third chapter.

The Art of Pilgrimage, The Seeker's Guide to Making Travel Sacred,' Cousineau Phil, 203.5 COU (3 copies).

Articles

Listening to the Inner Voice

Being in the space of liminality is often described as an uneasy place to be. In the closing quote below John O'Donohue acknowledges that crossing the threshold may be a challenge. He counsels, 'To listen inward with complete attention until you hear the inner voice calling you forward.' The pilgrimage journey, free from the demands of daily life allows time for contemplation. As we walk, and rest in silence and solitude there is time to sort through, and evaluate the usefulness of our thoughts and understandings, and let go of those found wanting. This process frees up space for new learning. This is why social anthropologist and Camino veteran Nancy Frey exhorts us to disconnect, to take a break from the internet so that our mind is free of all the mental activity generated. "That our freedom from the daily grind we have been gifted, is available to hear the wisdom of our inner voice." www.walkingtopresence.com

Reference

'**Benedictus, A Book of Blessings,**' John O'Donohue, 242.8 ODO, Christchurch City Libraries, [2 copies]

'We have fallen out of belonging. Consequently, when we stand before crucial thresholds in our lives, we have no rituals to protect us, encourage and guide us as we cross over into the unknown.' This book is known in the USA as: '**To Bless the Space Between Us, A Book of Blessings**' John O'Donohue,

'Remember, the entrance door to the sanctuary is **inside you.**' Rumi

A Camino Threshold Ritual

I was reading the 'Americans on the Camino,' quarterly newsletter La Concha (May 2021) dedicated to the theme of 'Thresholds' when I chanced upon a possible ritual which would provide great intentional beginning to any Camino journey. Jeff Arnold in his article, 'Stepping Into Sacred Time and Space,' described a threshold ritual he performed at the beginning of his Camino. It went something like this: When taking the first step raise one foot and say, 'With this step I enter the sacred space of the Camino.' And the foot is put down. Lifting the other foot say, 'With this foot I enter the sacred time of the Camino,' and put that foot down. I rather like the place of ritual in marking important occasions. It would be a powerful way to take the first step with heightened

awareness. I performed this at the commencement of my Camino Mozarabe in April, 2023, and on my Camino voie Arles in 2024.

Camino Poem
Ancient Stones

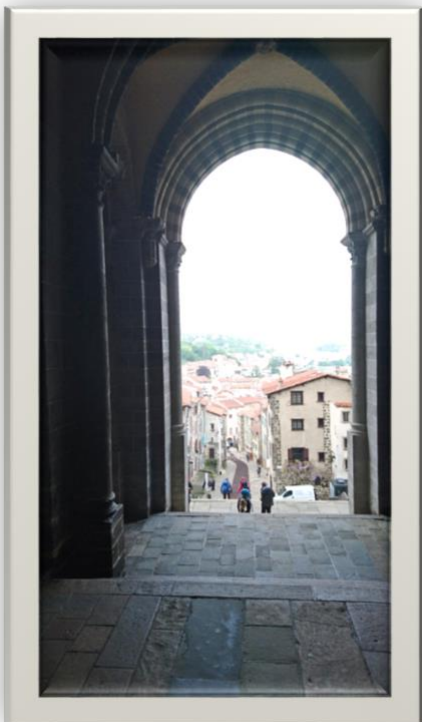
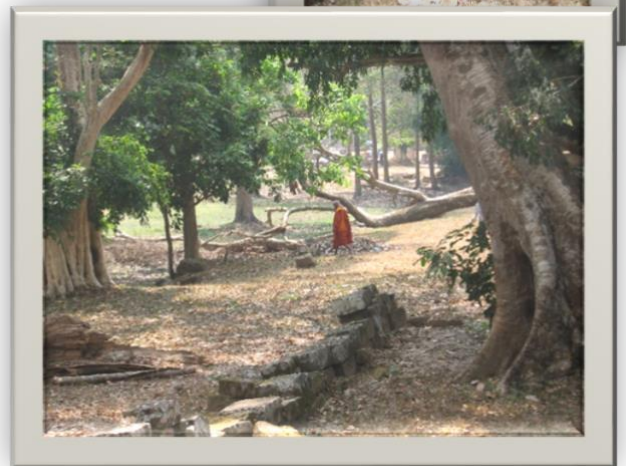
I sit atop an entrance step
waiting,
listening
feeling for ancient vibes.

A threshold beckons.
Will I follow in the rapid footsteps
of the elderly monk
already screened
by the green lichen encrusted stones?

I wait and watch,
and wait.
He reappears,
and with rapid gait
is gone!

I am seeking
slow,
and deliberate.
Calm
and wait awhile.

© Philip, 2011



Written in 2011
at Angkor
Thom,
Cambodia.

Camino Story
Stepping Over a Memorable Threshold

‘We embark on a pilgrimage that necessitates the crossing over of a threshold. We launch into a liminal space where time seems to shift, and things do not necessarily move along as expected.’
Christine Valters Paintner.

A very special service is held at 7am in the Le Puy-en-Velay cathedral for pilgrims about to depart on their Camino. The cathedral has been built high up on a volcanic plug so it has a commanding view of the town below.

Image: Threshold Le Puy-en-Velay cathedral

Steps lead down to the city below. Entry for our Pilgrims' Mass was by a side door, and we were instructed to lean our packs against a wall. We had stayed in the monastery next door so everything was very convenient.

The service concluded with a pilgrim blessing, the singing of Salve Regina and the gifting of a medallion to each pilgrim.

Packs were donned and then the previously closed main doors were thrown back to reveal a dramatic exit. In front of the pilgrims was the threshold waiting to be crossed. A portal at the end of a short corridor and a long flight of steps to the city below provided a stunning climax to the service and a memorable beginning to the 1500 km trail to the cathedral in Santiago de Compostela. So with this first step began my Camino, where over the course of the next two months I proceeded with an open heart intent on fully participating in all that came my way.

Image: An image of a window portal/threshold that called to me. (See below.)

Suggested Contemplative Activity Photographic Exploration of Thresholds

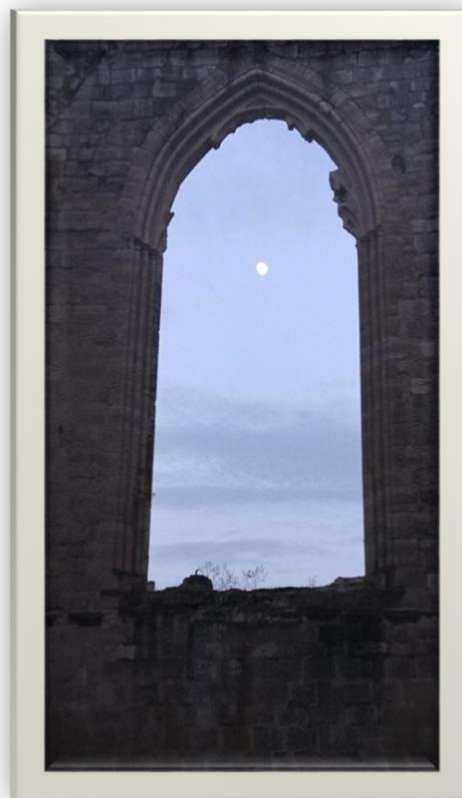
Christine Valters Paintner invites the seeker to undertake an outdoor photographic exploration of thresholds in the local environment. She suggests photographing thresholds which shimmer to you. These might include doorways, windows, or portals of another kind. The idea then is to notice different boundaries and barriers that invite you to consider crossing to the other side. Once home she invites contemplation of the images to see what these thresholds reveal about your own inner crossings. p. 60. 'The Soul of a Pilgrim.' Here Chapter 3 focuses on crossing the threshold.

The Senses as Thresholds of Soul

In his book 'Anam Cara, A Book of Celtic Wisdom,' John O'Donohue posits that, 'If we believe that the body is in the soul, and the soul is in divine ground, then the presence of the divine is completely here, close with us. Being in the soul, the body makes the senses thresholds of soul.'

I know when walking my Caminos my senses are alert. I can smell the rosemary as I walk by. I notice the spiderwebs, and I savour the taste of those succulent peaches. Once in Galicia the smell of the mud I'm slipping through betrays it's origin! At the same time I do feel closer to the divine and I know I'm my best self. As I walk I pay particular attention to my senses. In my notebook I have a structured meditation. Running through this focuses the mind on the senses in order to facilitate grounding in the here and now.

Image: The cloister, Sarrance Monastery, Chemin Arles showing the traditional attributes designed to enliven the senses.



When reading Mary Colwell's book, '**The Gathering Place, A Winter Pilgrimage Through Changing Times,**' in a discussion regarding monks and cloisters she made the following observation: 'Sweet scented flowers and herbs would once have filled the quadrants, enlivening the senses as well as the soul, layering another dimension to inner prayer.' p 48

So just as I'm assisted on my Caminos with threshold crossing by the scent from wild herbs, monks walking the cloister were aided by the deliberate planting of colourful scented flowers and the gentle splashing of water in the fountain. 'This ancient symbol of the source of life is centre stage in the cloister; it cannot fail to draw connections between the eye and the ear, and the heart.' p 50 Colwell.

A Blessing for the Senses

May your body be blessed.

May you realise that your body is
a faithful and beautiful friend of your soul.

And may you be peaceful and joyful and
recognise that your senses are sacred thresholds.

May you realise that holiness is mindful gazing,
feeling, hearing and touching.

May your senses gather you and bring you home.

John O'Donohue p 105 'Anam cara, A Book of Celtic Wisdom,'

References

'**Anam cara, A Book of Celtic Wisdom,**' John O'Donohue, 299.16 ODO, Christchurch City Libraries, [2 copies]

'**The Gathering Place, A Winter Pilgrimage Through Changing Times,**' Mary Colwell, 946 COL Christchurch City Libraries, [5 copies]

'**Benedictus, A Book of Blessings,**' John O'Donohue, 242.8 ODO, Christchurch City Libraries, [2 copies]

Please refer to Newsletter February, 2022 for the article; '**Liminality and the Camino,**' which references thresholds. Website: chchcamino.net for newsletter archive.

Santiago de Compostela as a Liminal Space

Once we cross the threshold and walk into Santiago de Compostela we are entering a space of possibility. This is a place of transition where we will experience liminality in a meeting point of past, present and future. We will be saying goodbye to newfound friends on tight itineraries who are beginning to disperse and return to their homelands. With others we will be celebrating our arrival and the arrival of those still entering Obradoiro plaza. We are elated to meet up with pilgrims who have been consistently on our path. Perhaps we will meet for drinks and a meal together to exchange stories. At the same time we will be deciding on our next move. Will we too join the exodus and return home, or continue our pilgrimage to Finisterre and Muxia thus prolonging our journey? Things for a time are not regulated by the rhythm of the walk. We might ask ourselves are we still pilgrims, or are we becoming tourists?

Entering the city marks the end of the physical pilgrimage for those who have Santiago as their turning point. However for all pilgrims it marks the beginning of a new journey. One which will involve a sorting process as we attempt to carry forward into our "normal" lives our new learnings and understandings.

Reference

'**Pilgrim Stories On and Off the Road to Santiago, Journeys Along an Ancient Way in Modern Spain,**' Nancy Louise Frey, 1998, Christchurch City Libraries, 946 FRE, (4 copies). p 223.

'**Liminality as a Space of Self Reflection on El Camino de Santiago del Norte,**' Amanda Redpath, Syracuse University, 2011. (Available freely as a download.)

This is a compelling paper on the notion that the Camino is a *liminal space*, where pilgrims make their way along the Camino and undergo a transformation, rather than arrive at Santiago de

Compostela where they might undergo change as a result of being in the presence of a holy relic (St James) housed in a holy shrine (Santiago de Compostela cathedral.)
In summary an interesting work for those seeking greater understanding of what makes walking the Camino an attractive proposition in the journey of self transformation.

‘Cultivating Wisdom, A Conversation Series: Adam Wells and Julian Power,
www.agoldendencivilization.com

‘Cultivating Wisdom, A Conversation Series: Dwelling in the Empty Space of not knowing,’
Alison Hogan and Julian Power, www.agoldendencivilization.com
This is a conversation about being in a liminal space, ‘dwelling in the fertile void.’ The practice of Mindfulness is important here. Being with people who resource you. Focus on being rather than doing. She encourages us to approach the fertile void with joy and excitement rather than fear and anxiety. And reconnect with others, which is easily done on the Camino.
Perhaps best to view the Adam Wells conversation first.

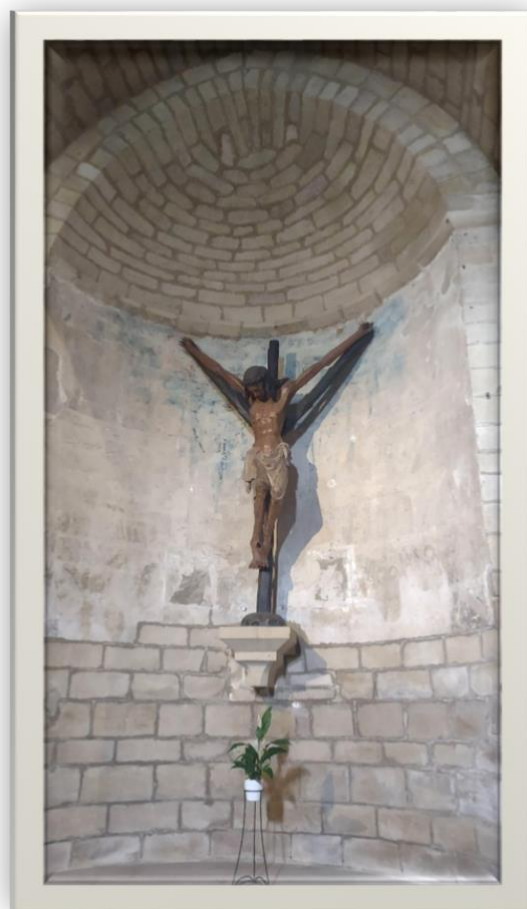
‘Liminal Spaces’ | Sarah Sawin Thomas | TEDxLincoln, You Tube, [16.03 secs]
Discovers her journey through the liminal space of her brain aneurysm, and compares it to Persephone’s fall into the underworld and her subsequent return.

‘Mark David Walsh – Outer Journey, Inner Transformation,’ Camino Café, YouTube, [1 hr, 06 min]
Mark Walsh talks about his inner and outer Camino. He discusses how to simplify life, trust the inner journey is the important one and regular reflection on your day, each day – to be open, and attentive to the movement of God or joy experienced within that day, moments that were enriching and enlarging, and also in the day when things didn’t go so well, how you might have diminished your or someone else’s day, and then to resolve not to repeat these occasions.

Things to Do: on the Camino Frances; Quest ~ on the trail of the Goose

Wild Geese, seen as spirit guides, were known in Spain for their east/west migration pattern. It is thought that pilgrims followed the sun and the route of the geese which roughly corresponds with the route to Santiago. ‘In the Middle Ages, domestic geese often served as guardians of the household (known to raise quite a ruckus when disturbed), as well as providing a source of food for the family. ‘Geese were revered as symbols of providence, vigilance and as symbols of fidelity and family devotion.’ Mary Elizabeth Baldrige.

- Seek out the Iglesia del Crucifijo Puente la Reina Crucifix where Christ hangs on a cross shaped like a goose foot.
- Play the “Game of the Goose” painted as a life-sized board game in the Plaza de la Oca, Logrono. (Take your own dice.)
- In Najera seek out the Santa Maria del Real monastery church to view the dome ceiling with a goose painted in the centre.
- Locate a similar goose foot crucifix in Iglesia Santa Maria del Camino in Carrion de Los Condes.



- Check out church portals/tympanums for geese ornamentation (sometimes ducks are substituted.)
- Research the authenticity of a connection between The Game of the Goose and The Knights Templar.
- Check for signs of geese in: Montes de Oca, (Castile and Leon,) and El Ganso. (On the meseta.)
- Count the geese kept in the cloister of Catedral de Barcelona (maybe this one is a wild goose chase, easily sorted by Google!)
- Read Beebe Bahrami's '**The Way of the Wild Goose?**' What do you make of her findings?

Image: Iglesia del Crucifijo Puente la Reina.

'The Way of the Wild Goose: Three Pilgrimages Following Geese, Stars and Hunches on the Camino de Santiago,' Beebe Bahrami, 2022, Christchurch City Libraries, 203.5 BAH, [4 copies]. (Previously published in November 2022 newsletter)

Beebe is on a quest to find out about the significance of geese and their relationship to the divine feminine, locals and the medieval Camino de Santiago. She's keen to understand the Game of Geese, the rules, and the significance of the symbols on the game board. This results in a journey involving 3 Caminos where Beebe recounts both her outer and inner Caminos. Beebe has utilised her skills as an anthropologist to research her discoveries and provide the reader with useful background information regarding churches along the way, energetic presence and the inclusion of pagan symbols in church artwork. I'm sufficiently motivated to be joining in the Wild Goose chase on my next Camino!

One beginning clue; sight the Wild Goose game board in Plaza de la Orca in Logrono and maybe play it?

Two interesting quotes from the book: Javier a memorable character said to Beebe, 'Remember that the Camino is what you make of it. It's not linear and it's not about starting in one place and ending up in Santiago de Compostela. It's about being where you are and being open to the road, its gifts, and its lessons.'

'Or what if the Golden Goose is within? Could that be what the Game of the Golden Goose guides us toward, finding our own Golden Goose through a path of inner spiritual transformation? p 292

My Camino – the podcast, 12 April, 2022, Beebe discusses her latest book, [59 min]

Camino Café podcast - 'The Way of the Wild Goose,' Beebe Bahrami, May 14, 2022, [1hr,14]

Camino Tip

Dsconnect

For a fulsome inner Camino experience try disconnecting, removing the ear buds, and being totally present, open, and available to all that is.

Resources

The Australian Friends of the Camino website [afotc.org] has many useful Camino resources.

Gronze App

This app proved to be most useful on my recent voie Arles, Camino Aragones and Invierno Caminos. It begins in Spanish. Tap the three dots at the top right, and select "translate" from the drop down menu. There is a route profile, map with distances between towns and list of towns and accommodation in route order. By hitting the links of each entry further information and "live" phone number links may be accessed. Gronze photos are also provided so bed/bunk placement etc. can be checked.

Reviews

Books

'Walk Jamie Bacon's Secret Mission on the Camino de Santiago,' Esther Jantzen, (Older Fiction) Christchurch City Libraries, [3 copies]

Although this story is written for older children Esther weaves an interesting tale, full of adventure and interesting happenings. As the family journey toward Santiago de Compostela the rich descriptive storytelling gives a clear account of a pilgrimage and what life encompasses as a pilgrim. A rip roaring adventure!

'Benedictus, A Book of Blessings,' John O'Donohue, 242.8 ODO, Christchurch City Libraries, [2 copies]

Chapter 3 is devoted to 'Thresholds.' There is a 3 page discussion on the nature of thresholds. This is followed by a number of Blessings suitable for a range of thresholds. On p 69 there is one for the traveller. The book concludes with an examination of the nature of blessing. A treat awaits.

You Tube

'The Way My Way – Movie – Bill Bennett Interview,' robcamino, YouTube, [22.52]

An interesting interview with Bill Bennett, the author and director of the movie.. (The book is available from Amazon on Kindle, \$8.95, Christchurch City Libraries, 946 BEN, [7 copies plus an eBook]

'The Way, My Way – Behind the Scenes, Bill Bennett, YouTube, [13.14]

A look at the making of the movie.

'1000 Miles in a Lumbar Pack: Ultralight Camino de Santiago,' Days We Spend, YouTube, [17.59]

Shaun shows you what he fits into his lumbar pack. He goes through each item, mentioning the benefits and the source. He placed it all in the pack. I couldn't believe the weight!!

'Women's Camino de Santiago Packing List: Camino Frances (Ultralight),' Days We Spend, YouTube, [28.52]

'To acknowledge and cross a new threshold is always a challenge. It demands courage and also a sense of trust in whatever is emerging.' John O'Donohue

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